

# WOW News



## Cancer Risk: The Impact of Added Pounds

There are risk factors for cancer that are not in a person's control; like genetics and environmental pollutants. Yet there are many cancer risk factors, which can be reduced or prevented through changes in lifestyle habits. One of the main risk factors for many cancers as well as heart disease & diabetes is being overweight. Over 50% of cancers of the breast, colon, and the uterus can be prevented with healthy lifestyles & healthy weight.

**According to The Nurses' Health Study at Harvard Medical School the ways to achieve and maintain a healthy weight are as follows:**

- Set a **realistic goal**. A 5-10% loss in weight is a good start.
- Make **small changes**; cutting out a can of pop can be 100 calories less daily.
- Park farther from your worksite, climb the stairs, walk on breaks and/or lunch are only a few **ways to INCREASE your daily exercise**.
- **Slowly increase** your physical activity to **30-60 minutes on most days**. If you already exercise, increase your intensity or duration.
- Start a **food journal** to help increase awareness of what actually is eaten.
- Eat **every 3-4 hours** a variety of healthy foods. Skipping meals and eating high sugar, processed foods can cause quick blood sugar highs and lows, and can increase weight. Nuts, seeds, whole grains, beans, fruits and vegetables help to stabilize blood sugar levels and decrease hunger 'pains'.
- Eat **healthy fats**: olive & canola oils, nuts, seeds, grains, & fish; avoid saturated, trans fats in red meats, butter, full fat dairy products, and hydrogenated vegetable oils.
- Drink **6-8 8ounce glasses of water** daily, especially in place of soda pop and juices.
- Learn about '**defensive**' eating; ways not to over eat.
- **Listen to your body**; stop eating 'before' you feel full.

September 2004

**Pedometer**  
**Discount**

**Fitness Club**  
**Discounts**

Women's Health

**Vegetables:**  
**Enjoy a Variety**

**Cooking for**  
**a Month**

There's More.....

## Family Day—September 27th

### Healthy habits start at home.

By setting an example and encouraging children to be active and eat right, parents can help kids maintain a healthy weight, and

develop good eating and exercise habits.

Families who have dinner together and who spend time doing things together have children who are less likely to use tobacco, drugs, or alcohol.



**Family involvement**  
**is one habit that**  
**prevents another.**

*How will you  
celebrate  
Family Day & each  
day thereafter?*

My Journey to Wellness	2
Contest	3
Fall Soup Recipe	3
Walk, Bike to School	4

## My Journey to Wellness

I want to thank you for holding the Employee Health and Fitness Day at Capitol Commons Center in Lansing on May 19, 2004. I signed up for the bone density test, and I am glad I did. My test results on my heel showed osteopenia. I was advised to contact my physician for further evaluation or testing. I took my bone density results from the Employee Fitness Day to my doctor, who then ordered a more detailed bone mineral density (BMD) test. This test included my lumbar spine and hip. My spine results were good (no osteoporosis), but my hip showed osteoporosis. My doctor immediately put me on medication (Fosamax) and I was advised to take 600mg of Calcium with vitamin D twice a day (total of 1200mg) and a multivitamin. I learned that it is important to have the vitamin D with the calcium for absorption. My doctor also recommended weight bearing (walking) and weight lifting (resistance) exercises. Regular exercise and weight bearing helps prevent bone loss and increases the total amount of bone in the body. I did some research and found the website of the [National Osteoporosis Foundation](#) was very helpful. Osteoporosis is a bone disease where calcium leaves the bones, causing bones to weaken. There is no cure for osteoporosis, but with early treatment, the better the chance of slowing or stopping its progress.

I am a fifty year old female and I am in perimenopause (having hormonal imbalance). During this stage, a woman loses estrogen, which speeds up the loss of bone mass. There is also history of breast cancer in my family (mother and sister are breast cancer survivors), so I am not able to take hormone replacements. I am currently exercising with small weights almost everyday and trying to increase my walking. Since being diagnosed, the adjustment to my daily life of routine exercise is the hardest for me. Actually, when I do the exercises everyday, I do feel better. But it is also easy to slack off.

Diet is very important. I eat pretty healthy, but I have cut back on coffee (one a day) and no pop. Caffeine and heavy alcohol consumption increases the loss of calcium.

My mother was diagnosed with osteoporosis in her hip, just a few weeks after I was diagnosed. She does have a history of hip fracture. My older sister has osteopenia, and takes Fosamax. My younger sister just had the heel test done, and had slight osteopenia. I encouraged her to get a bone mineral density test. We are all small-framed thin women, which increases our risk of osteoporosis.

I really appreciate the free testing and the educational health handouts that were given at the Employee Health & Fitness Day, and feel this opportunity was very beneficial for all Capitol Commons Center state employees who attended. I hope this event continues each year. Thank-you.

For more information and to see if you are at risk for osteoporosis, visit [Harvard School for Public Health](#).

## WOW's Contest and FREE Drawing 09/04

All State of Michigan employees are eligible.

- Send your answer by the WOW e-mail link provided:

[MDCS-WOW-WorkingOnWellness@michigan.gov](mailto:MDCS-WOW-WorkingOnWellness@michigan.gov)

- The names of employees giving the "correct" answer will be put into a monthly drawing for one FREE gift.
- Each month one new winner will be chosen; sorry an employee can win only once.

**September 2004's question is:** What does the holistic approach to health promotion rely on?

(Remember the answer is in **September's WOW.**)

**Submit your answer by September 20th.**

### Mayo Clinic's Carrot Soup



10 carrots, scraped  
1/4 cup margarine  
1 1/2 tblsp sugar  
1/3 tsp salt  
1/2 cup water  
3 tblsp flour  
1/4 tsp pepper  
1/4 tsp nutmeg  
3 cups of skim milk  
1 cup half and half

Slice carrots. To saucepan add 2 tblsp margarine, carrots, sugar, and water. Simmer covered until carrots are tender. In a separate saucepan, melt remaining margarine, and stir in flour, 1/3 tsp salt, pepper, nutmeg and milk. Cover over moderately high heat, stirring constantly until it thickens; set aside. Add carrots and white sauce to a food processor and puree until smooth. Keep warm; add half and half to desired consistency. Serves 6.

Visit [Mayo Clinic](#) for nutritional analysis.



# Safe Routes To School

"When routes are safe, walking or biking to school is an easy way to get the regular exercise children need for good health," says the Governor's Council Physical Fitness, Health & Sports.

For more information on safe routes to school visit: National Highway Traffic Safety Admin.



October 6, 2004 is  
WALK TO SCHOOL DAY.  
You can visit the website &  
learn how to get involved.